Recipe of the Month – March

Fiesta Skillet Dinner
Serves 5
Serving Size: 1 ½ cups

Ingredients:
1 cup prepared brown instant rice (1/2 cup uncooked)
1 can 15.5 ounces Mexican style tomatoes
1 can 15.5 ounces black beans, rinsed
1 cup frozen corn
1 Tbsp chili powder
2 cups cooked diced chicken
½ cup 2% reduced fat cheddar cheese, shredded

Directions:
1. Prepare the brown rice according to package directions
2. While the rice cooks, mix the tomatoes, black beans, corn, chili powder, and chicken in a large skillet
3. Cook over medium heat until heated through
4. Add the cooked rice
5. Stir thoroughly
6. Top with shredded cheese
7. Serve hot

NUTRITION FACTS PER SERVING: Calories 230, Total Fat 4.5g, Saturated Fat 2g, Trans Fat 0g, Cholesterol 40mg, Sodium 580mg, Total Carbohydrate 31g, Dietary Fiber 7g, Sugars 7g, Protein 20g

Recipe compliments of Iowa State University Extension and Outreach Healthy and Homemade 2013 Nutrition & Fitness Calendar